



# SPRING NEWSLETTER

GSHC Wellness Committee

## Gardening tips :

Looking to take a run at gardening, here are a few gardening tips for new and seasoned gardeners brought to you from [www.eartheasy.com](http://www.eartheasy.com) :

Plant early spring vegetables when soil is workable: Soil is ready for gardening once it is free of ice crystals and crumbles easily. Soil that is too wet is easily compacted, reducing beneficial soil aeration. Common early spring crops are peas, spinach, lettuces and leeks. For a prolonged harvest, plant several varieties, each with a different maturation date. Follow these crops with broccoli, cabbage, radishes, kale, turnips, potatoes and onions. Mulch early bulbs if you live in areas where freezing temperatures hang on.

Protect seedlings from hard frosts: Early spring plantings are vulnerable to hard frost which can set in overnight. If you expect a hard frost, cover seedlings overnight with anything you have on hand, for example an overturned bucket or cardboard box (with a rock on top) or large flower pot, a portable garden cloche, or a cold frame. If your garden has the space, and your budget allows, a starter greenhouse is ideal for starting seedlings early in the season and protecting them from inconsistent early spring weather.

Be one step ahead of the cabbage moth: Once the frosts is gone, the cabbage moth may appear. It lays eggs against the lower stems of brassica seedlings - cabbage, broccoli, brussel sprout, kale, cauliflower. Once the eggs hatch, the seedlings lose vigor and often die. Be prepared to protect these crops from root

maggots by covering plantings with row covers or applying small pieces of barrier paper around the seedling stem base.

Plant out daffodils, lilies, crocus, hyacinth and any other bulbs: Early spring is the time to set out bulbs which were forced in pots or bowls in the house. Some may bloom next spring, others may take two or three years to rebuild enough food reserve to support flowering.

Divide perennials clear and mulch perennial beds: For easier handling try to time the division so emerging shoots are only 2 to 4 inches tall. Prepare new beds for perennial flowers by spreading a 6-inch deep layer of organic matter (i.e. peat moss, compost, rotted manure) and work in deeply. Plants growing in deep, rich soil are less likely to suffer from summer drought. Existing perennial beds can be cleared of old plant debris and mulched to prevent weed growth. Mulch should be applied around, but not over the sprouting root mass of each plant.

Stakes can also be put in the ground now for sprouting perennials such as asparagus, which may need support for it's tall ferns later in the season in gardens exposed to wind. Be sure to set the stakes well clear of the root mass so as not to disturb emerging shoots.

## In this issue:

 Gardening tips

 Spring Cleaning

 Guest Speaker- Cassandra

Whymark

 Smoothie Day

 Your feedback

# Spring Cleaning

With spring just around the corner, here are the top 15 spring cleaning tips brought to you by [www.doitbest.com](http://www.doitbest.com) :

1. Change the furnace filter
2. Wash the windows
3. Deep clean trash cans and recycling bins
4. Get patio furniture ready
5. Dust
6. Deep clean shed and/or garage
7. Wash walls, cabinets, and baseboards
8. Say goodbye to fingerprints!
9. Clean out dresser, bathroom and kitchen Drawers
10. Break out warm weather clothes
11. Clean the gutters
12. Wipe your light switches and door knobs!
13. Sweep your driveway
14. Toss expired items
15. Get the right supplies

## Guest Speaker - Cassandra Whymark



Join the GSHC Wellness Committee Friday, April 6, 2018 between the hours of 12 pm - 1 pm and 1pm-2pm as we welcome special guest speaker Cassandra Whymark, of Greenhouses Canada.

Mrs. Whymark will be giving two one hour presentations in the GSHC Boardroom regarding healthy eating, starting and maintaining your own garden, germination of seeds, healthy eating and her own journey with dietary restrictions.

Help show the wellness committee your support, and we hope to see you all there!

## Smoothie day

Join the Wellness Committee Friday, April 13, 2018 at 8:00am in the GSHC lunchroom as we kick off our first ever Smoothie Day!

## Your feedback!

Have any idea's for activities you would like us to consider? Guest speakers you would like to invite to the office?

Go to the employee tab on the GSHC website and submit your ideas for the Wellness Committee.

We need your help in making our workplace a healthy and fun place to be! (If you need any information on how to log onto the employee tab under the GSHC website please email Kim MacKinnon).